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# Fishy snack items

Aquaculture Department, Southeast Asian Fisheries Development Center

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# Fishy snack items

Snack items are convenient products taken in-between meals or during recreation or relaxation. Taking snacks has been part of the Filipinos' eating habits.

To meet the protein requirement in the Filipino diet, the Bureau of Fisheries and Aquatic Resources (BFAR) has come up with different snack items using seafoods as the main ingredient. BFAR's Fisheries Extension Division has developed procedures for spicy *dilis*, fish balls, shrimp kropeck, squid rings, *tropang sitsaron*, fish *embutido*, and *bangus relleno*. Two recipes popular for snacks are featured below:

## Fish Lumpia

<u>Ingredients</u>	<u>Equipment/Utensils</u>
1 cup fish flakes (any species of fish)	burner
1 medium-sized onion	colander
2 segments garlic	chopping board
1/2 cup pickle relish	knives
5 pieces tomatoes	measuring cup
5 tsp. soy sauce	mixing bowls
lumpia wrapper	skillet
oil for frying	turner

### Procedure:

Crush garlic, chop onions and tomatoes. Steam the fish and flake. Sauté garlic, onions, tomatoes and pickle relish. Then add the fish flakes. Season with soy sauce. Let it cook. Remove from fire and cool. Wrap in lumpia wrapper and fry in deep fat. Drain. Serve with sweet sour sauce.

## Crusty Fishwiches

<u>Ingredients</u>	<u>Equipment/Utensils</u>
1 1/2 cups cooked flaked tuna meat	measuring cup
1/2 cup mayonnaise	measuring spoons
1/4 cup minced green pepper	mixing bowl
1/4 cup minced pimiento	muffin pan
1 tsp. salt	oven
1/8 tsp. pepper (powder)	
1/8 tsp. MSG (vetsin)	
1 egg, slightly beaten	
dash of Worcestershire sauce	
2 regular-sized bread loaves	
Mayonnaise	

### Procedure:

Mix the first nine ingredients; set aside.

Trim crusts of bread slices and spread mayonnaise. Fit bread snugly into buttered muffin pans. Spoon tuna meat mixture over bread cups. Dot with remaining mayonnaise. Bake at 350°F for 15 min or until bread becomes golden brown. Serve hot.

## Crackling or powdery from FPC

Fish protein concentrate or FPC, originally called fish flour, increases the quality and quantity of protein in a variety of food products. Intended mainly as a protein supplement, it contains 80-90% protein. It is also rich in minerals such as calcium and phosphorus. A stable product, it can be kept for a long period of time with the protein content unimpaired. It is ideal for fish crackers or fish polvoron.

Steps in the preparation of fish protein concentrate (from UP-NSDB-DPI):

1. Clean thoroughly fresh whole fish in running water (any species of fish).
2. Steam the fish for 30 min or depending on the size of the fish.
3. Grind or mince the steamed fish to homogenize the pieces.
4. Prepare solvents as follows (this is for 4 1/2 cups or one liter of solvent):  
Ethyl and isopropyl alcohol - for every 3 cups alcohol, add 1 1/2 cups of water.  
Citrate buffer - dissolve 1/4 cup sodium citrate and 1/4 teaspoon citric acid in 4 1/4 cups water.  
Mix solvents and minced fish (1:1).
5. Extract the mixture by letting it boil for 30 min to one hour.
6. Press the mixture manually, if no mechanical press is available. This is done to remove effectively the oils and water.
7. Dry under the sun or in a cabinet drier.
8. Pulverize in corn grinder, pulverizer, mill, etc.

*"I love fish lumpia and fishwiches.  
They are cholesterol-free!"*

